

**Free**

# Serving Up Healthy

**ARMC Will Offer Classes on How to Prepare a Nutritious and Delicious Meal**

*Staying healthy is an everyday concern. You know you need a healthy diet, but just don't know how to start. An Arrowhead Regional Medical Center dietitian will help you take the first step toward a healthy diet. Join us for "Serving Up Healthy" – a class that includes instruction in the principles of a healthy diet and tips for preparing a meal designed for an active and healthy lifestyle.*

**What:**

- Classes are designed to teach patients and their families, employees, and community members how to prepare a healthy meal.
- Come to class ready to sample!

**When:**

- 5:30 p.m. to 7:00 p.m.:
- **April 27** - Healthy Family Meals; Healthy School Lunches
  - **November 16** - Heart Healthy and Diabetic-Friendly Meals

**Where:**

Arrowhead Regional Medical Center, Oak Room, First Floor, 400 North Pepper Avenue, Colton, CA 92324

**Register online at**  
**[www.arrowheadmedcenter.org](http://www.arrowheadmedcenter.org).**  
**For more information,**  
**call 909-580-2537.**



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REGIONAL MEDICAL CENTER